



Blue Hat Criteria

In line with ASA Learn to Swim Framework Stage 7

- Dive confidently from a starting block
- Tread water for 1 minute using an eggbeater action
- Submerge at the side of the pool, push and use an underwater butterfly leg kick (at least 2 repetitions) in a streamline position on front
- Submerge at the side of the pool, push and use an underwater butterfly leg kick (at least 2 repetitions) in a streamline position on back
- Perform a feet first sculling action on back for 10 metres in a horizontal position
- Perform a head first sculling action on back for 10 metres in a horizontal position
- Swim 100 metres breaststroke consistently using a legal kick and perform a 2 handed finish **
- Swim 100 metres front crawl using bi-lateral breathing **
- Swim 100 metres backstroke **
- Swim 25 metres butterfly consistently and perform a 2 handed finish **
- Swim 50 metres continuous front crawl in a 25 metre pool, attempting a tumble turn
- Swim 50m continuous backstroke in a 25 metre pool, attempting a tumble turn
- Demonstrate a basic understanding of using the pace clock during sessions

** refer to the ASA expected stroke standards sheet